



Night Night, Sleep Tight

Solve Your Child's Sleep Problems



Heidi Emberling

**Adult's Only
Register in
Children's Services**

**Or call
650.903.6897**

**Tuesday, May 26
7pm**



Are your child's sleeping difficulties making it hard to be at your best? Discussion in this workshop will include information about the importance of establishing good bedtime routines and helping your child eventually learn how to self-soothe. Learn about what to expect regarding children's sleep issues at different stages of development. Focus will be on children 1 to 5.

Leave with different strategies for helping children fall asleep and sleep through the night and look forward to getting more sleep yourself!

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